

**Feeling alone, angry, hopeless?**

**When it seems like there's  
no hope, there is help.**

**If you or someone you know is thinking about suicide,  
call the National Suicide Prevention Lifeline:**

**1-800-273-TALK (8255)**

*Honor Your Life*



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE™**  
**1-800-273-TALK**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)